

Chair Yoga

Goose Creek Activity Center

Chair Yoga safely improves **senior** health. A great way for older adults to get the wonderful health benefits of **yoga**. Staying seated means that even frail **seniors** or those who aren't flexible can safely do the exercises.

Chair Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, open up the body and release tension. Newcomers will find this class to be a great way to begin their practice.

Come unwind and de-stress!



INSTRUCTOR Debra Baugh is Yoga Certified by American Aerobic Assn.. Int'l Medicine Association. Her supportive instruction is suitable for a wide range of physical levels.

6 Week Session

Wednesday

10:00 - 10:45 am

Cost for 6 week session:

\$30R / \$35 NR

or

\$5 Daily

For more information call the Goose Creek Community Center at 569-4242 or visit www.cityofgoosecreek.com